



Broiled Lamb Rib Chops

Broiled tender lamb rib chops with tangy orange zest and Dijon mustard sauce.

Orange Mustard Sauce

In a small bowl, combine:
2 Tblsp of Fruit-Eze™
2 tsp Dijon mustard
1-2 tsp fresh orange zest
1/8 tsp fresh diced garlic
1/4 tsp diced capers
1/2 tsp caper brine
fresh ground black pepper



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Directions

For best results, set the meat out at room temperature an hour before cooking.

Sprinkle lamb rib chops with plenty of freshly diced garlic. Place the meaty side up in a shallow pan. Broil under high heat six to eight minutes. Turn rib side up and broil another six to eight minutes. For single rib chops, lay them flat and broil about 4 minutes on each side. When done, the meat looks browned and the fatty parts look crispy. Serve the lamb rib chops hot - directly from the broiler.

Prepare sauce. Serve with the lamb chops. In the photo above, the green beans were steamed about four minutes, then dressed with garlic butter, orange juice and orange pieces.

The sauce provides one adult with one daily serving of Fruit-Eze™ fruit blend (two tablespoons). You can adjust the amount of Fruit-Eze™ used in this recipe.

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